

## ***What do I do if I'm returning to the U.S. from the area where the outbreak is occurring?***

**When you return, if we have not already contacted you, notify Public Health about your recent travel by calling 206-296-4774.** A public health nurse will assess your risk of exposure to Ebola and provide you with information about monitoring your health. People who have been to a country where Ebola outbreak is occurring must monitor their health for 21 days after returning and contact Public Health immediately if fever or any symptoms develop, even mild symptoms. This is important so that we can make sure you get treated as soon as possible if you start to be sick. Ebola is more difficult to treat the longer someone is ill. Early treatment also will prevent others in your household and community from becoming infected if you have Ebola.

## ***What do I do if I am traveling to an area where the outbreak is occurring?***

The U.S. Centers for Disease Control and Prevention (CDC) recommends that you avoid all nonessential travel to Guinea, Liberia, and Sierra Leone. If you must travel to an area where the Ebola outbreak is occurring, protect yourself by doing the following:

- Wash your hands frequently or use an alcohol-based hand sanitizer.
- Avoid contact with people who have a fever or who are ill, and especially with the blood and body fluids of any person, particularly someone who is sick.
- Do not handle items that may have come in contact with an infected person's blood or body fluids.
- Do not touch the body of someone who has died from Ebola.
- Do not touch bats, monkeys, or apes or their blood and fluids and do not touch or eat raw meat prepared from these animals.
- Avoid hospitals in West Africa where Ebola patients are being treated. The U.S. Embassy or consulate is often able to provide advice on facilities.
- Seek medical care immediately if you develop fever (temperature of 100.4°F/ 38.0°C or higher) and any of the other following symptoms: headache, muscle pain, diarrhea, vomiting, stomach pain, or unexplained bruising or bleeding.
- Limit your contact with other people until and when you go to the doctor. Do not travel anywhere else besides a healthcare facility.

## ***Is it safe to travel to Africa during the Ebola outbreak?***

Ebola has been reported in multiple countries in West Africa (see [Affected Countries](#)). As of 11/20/14, CDC has issued a travel warning for United States citizens to avoid all nonessential travel to Guinea, Liberia, and Sierra Leone. CDC has also issued travel alert for Mali and the Democratic Republic of the Congo (DRC).

**For the most current information on travel notices and warnings, see: <http://wwwnc.cdc.gov/travel/notices>.**

CDC currently does not recommend that travelers avoid visiting other African countries.